



**FREE**

# **FAT LOSS - MEAL PLAN**

**BODYBUILDING MEAL PLAN  
TAILORED FOR SHREDDING FAT**

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# INTRODUCTION

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Before you begin to read, I would just like to thank you for even getting this far in the first place, by downloading this meal plan and for supporting me by watching the YouTube video and/or following me on my other social media platforms. Your support really does mean so much, and you know me, I have created this meal plan with one goal in mind, VALUE.



Correct. As I have already made a lean bulking meal plan (found [here](#)), it is only fair that I also come out with a cutting edition, as, like I said previously, YouTube videos stay up on a channel for life, along with the fact that this can be a further add on to my website. Therefore, if you are currently unsure as to how to eat for fat loss, I sincerely hope that both the video and/or following document help you to finally being able to structure your diet accordingly, in order to lose fat.

Much like before, not only will this provide you with the meal plan seen in the video, but I have also gone into more detail on the cooking/preparation methods, calories and macronutrients, price of ingredients and more little scientific tips behind the rationale of the meal plan. With this, you therefore have a full, evidence based, fat loss meal plan to follow, which you can then continually refer back to at ANY time during your “fitness journey”. So, without further ado, let’s get started with the first part of this document, the rationale behind the meal plan layout itself.



# MEAL PLAN RATIONALE

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Firstly, I will have you note, that, the meal plan below has ALSO been designed according to the four MAIN variables which I outlined in the [muscle building meal plan](#). However, I do not want to repeat those thus will discuss 4 other variables that I have considered in this meal plan, which are more SPECIFIC to fat loss.

## 1. MAXIMISING SATIETY

An unfortunate consequence of creating a negative energy balance (which is required for fat loss) is hunger, often referred to as “homeostatic hunger” where your body increases your drive to eat in order to re-establish energy balance (homeostasis) (Rogers & Brunstorm, 2016). Although all things hormone related are all outlined in “[Living Lean](#)”, for those who are interested, this increased drive to eat is mostly driven by decreases in leptin (satiety hormone) (Guzzaloni et.al., 1995) and increases in ghrelin (hunger hormone) (Weinsier et.al., 1998) which together act on the hypothalamus to promote food consumption.

From the above, it is therefore clear that maximising satiety when following a fat loss diet is crucial as otherwise, you are more inclined to “blow out” your calorie deficit through



mindless eating driven by hunger. Therefore, although I have a plethora of other diet “hacks” which can be implemented during a fat loss phase found [HERE](#), the main one that I have considered in this meal plan is the use of food volume and highly satiating foods.

## **Volume**

A huge part of satiation/fullness is related to the degree of gastric distension which you experience during/after a meal (Cummings & Overduin, 2007) i.e. the amount your stomach is filled/pushed out. Gastric distension is sensed by mechanoreceptor neurons in the stomach & then relayed to the brain (Ritter, 2004) telling it that you are full and thus stimulating the termination of a meal. Therefore, as a dieter, gastric distension is highly beneficial to increase fullness and reducing food intake and it is through the use of high-volume foods that you can maximise this.

For those unaware, high volume foods refer to those which are “bulky” yet yield very little calories e.g. fruits, vegetables etc. Latner et.al., (2008) even showed that high volume, low energy density foods are **SCIENTIFICALLY PROVEN** to decrease hunger, desire to eat, excitement about eating, desire for dessert and loss of control over eating in women with binge-eating disorders.

Therefore, as you will see, there are a **LARGE** amount of “volume foods” implemented into this meal plan with each meal below consisting of one (or more) relatively high-volume food sources in order to help “bulk out” the meal in question and aid in increase fullness throughout the day.

## **Satiating foods**

Along with volume, the “type” of foods you eat can also influence satiety with research showing several foods to be better at inducing fullness when compared to others.

As you would expect, the main foods which are associated with fullness are those high in dietary fibre which, although all things fibre related are all outlined in “[Living Lean](#)”, is associated with overall decreased energy intake (Tucker & Thomas, 2009). For those unaware, high fibre foods include, once again, fruits, vegetables and wholegrains which have all been implemented in abundance into the meal plan below.

Furthermore, the use of caffeine (Astrup et.al., 1990, Schubert 2017) and to a certain extent, whey protein powder (Akhavan et.al., 2010) have been shown to have a slight acute appetite suppressing effect thus, starting the day off with a coffee and supplementing with a shake as a snack (as in the meal plan) are another two “tricks” that I have considered when formulating this meal plan in order to maximise satiety from the very moment you wake up onwards.

Finally, in 1995, Holt et.al., (1995) released a new index to measure foods on, the satiety index. On this index, she ranked an iso-caloric (same calorie content) portion of 38 different foods on their ability to satisfy hunger. Results showed that boiled white potatoes produced the highest satiety score therefore explaining my rationale behind selecting them in the meal plan below over any other carbohydrate source.

## 2. MEAL DISTRIBUTION

In follow-up from the above and maximising fullness and satiety, **WHEN** are the majority of people most hungry? In the morning, as they are rushing out the door to drive to work or in the evening when they have plenty of spare time and in a more “food focused” environment? Most likely the latter, therefore, in order to take advantage of this, it would make sense that, when designing a meal plan for fat loss, you assign a large amount of calories and/or carbohydrates to later in the day for when you **WANT** them. The result is therefore that you are able to eat more when you are **ACTUALLY** hungry and thus capable of better adhering to your diet and consistently creating the required calorie deficit necessary for fat loss (Romieu et.al., 2017, Hill et.al., 2012)

Therefore, as you will see, the meal plan below has you starting out the day with a high protein, low calorie, **QUICK** and **EASY** meal to keep you going until you get to work. From here you then have a light (high volume) snack which is then proceeded by your first “larger” meal of the day, a late lunch, a time which you may finally start to get hungry as you have a bit more time on your hands. From here you then have dinner which is your largest, highest volume meal of the day followed by yet another snack in order to **GUARENTEE** that you end the day fully satisfied, regardless of being in a calorie deficit.

This therefore brings me on to the next point.



### 3. AVOIDING A BLOWOUT BINGE

The main concern when in a calorie deficit is the risk of a “blowout binge” in response to the increased hunger that accompanies hypocaloric conditions. This is because it has the potential to completely negate your calorie deficit and hard work during the days prior thus leaving you losing no fat at all, or even worse, gaining it from shifting you into a WEEKLY surplus. Therefore, although all things “binge related”, what they are, how to avoid them etc. are covered in depth in my complete guide to [“Living Lean”](#), apart from points one and two above, another main way shown to reduce the occurrence of binge eating is to allow for a large variety of foods (even junk) in your diet and being flexible.

Correct. Studies have repeatedly shown that those who implement flexible dieting approaches show the strongest correlation with the absence of overeating, bingeing, lower body mass and lower levels of depression and anxiety when compared to rigid dieting strategies (Smith et.al.,1999, Stewart et.al., 2002). This, as you may expect, is largely because, being overly restrictive with your food sources and eliminating every food that you enjoy results in the development of food cravings which, after a while, become too large for you to control that you end up bingeing on the food(s) in question.

Therefore, as you will see, although the majority of the meal plan consists of nutrient dense foods, your last meal allows for a “treat” which almost everyone will love thus keeping you not only satisfied but motivated throughout the day to stick to the diet and calorie deficit, but most importantly, enjoy your food as much as possible while doing so.



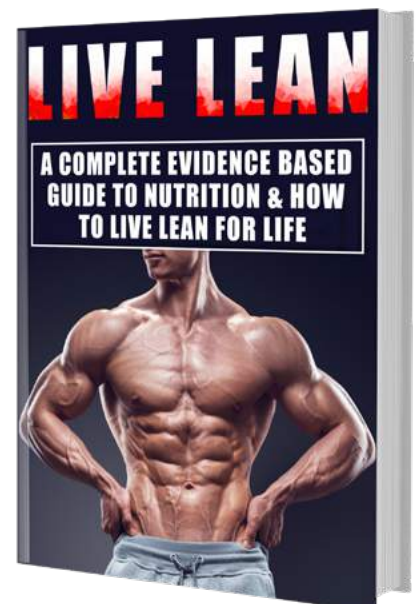
## 4. MAINTAINING ENERGY & GYM PERFORMANCE

Finally, the goal of a fat loss phase is not only to lose fat but to also preserve muscle mass. Therefore, along with the variables which I outlined in the muscle building meal plan, this meal plan has been designed with a particular emphasis placed on trying to maintain gym performance as much as possible.

This is because lifting weights and attempting to maintain gym performance has shown to have the impressive ability to augment the preservation of muscle mass and even increase it when in an energy deficit (Bryner et.al, 1999, Donnelly et.al., 1993). This means that, although in a chronic deficit of energy, you still want to attempt to maximise acute energy levels for every workout, for which maintaining adequate carbohydrate intake plays a large role in. Correct, although high fat diets may aid in optimising anabolic hormone concentrations, studies show that you are likely to preserve more muscle mass by attempting to maintain gym performance through a higher carb intake instead (Pasiakos et.al., 2013).

Therefore, based on the above, as you will see, the meal plan below is more carb, than fat, heavy with fat set to the lower intake of what is still deemed to be acceptable for bodybuilders (Helms et.al., 2014). This will thus allow you to maintain as much gym performance as possible while also facilitating recovery due to the role that carbohydrates play in both energy provision and glycogen replenishment (Ivy 1991, Haff et.al., 2000). So, there you have it, your 4 (other) main variables to consider when designing an effective fat loss meal plan, now all you have to do is create it.

I cannot stress however, that, although, above I have given a very brief rationale behind the meal plan below, if you are truly interested in learning more about everything there is to know regarding diet, metabolism and much more, along with the WHY of how you should be setting up your nutrition for lean bulking, cutting, reverse dieting and living lean, then I highly suggest you consider checking "[Living Lean](#)" out. Not convinced? Check out the free excerpt found [HERE](#).



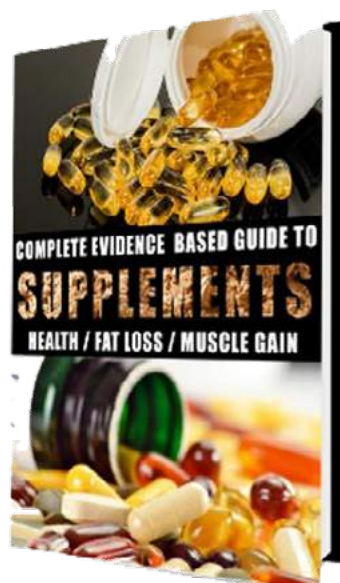




In fact, as you have already gone as far as supporting me by watching the YouTube video, following me on any of my social media platforms and downloading this FREE meal plan, in order to say thank you for your support, if you do decide to invest in “Living Lean”, then through THIS link you will be guided to an exclusive page where you will receive the supplement eBook on my website absolutely **FREE!** Again, this is yet another comprehensive 43-page eBook purely on supplements consisting of **124 SCIENTIFIC REFERENCES** to the value of €12.50 **FOR FREE.**

**Free guide -** <https://www.scottmurrayfitness.com/living-lean-free-supplement-guide>

Nonetheless, based on the variables outlined briefly above, hopefully you will now understand why the meal plan below is designed the way it is, as it essentially ticks the checklist of the most important dietary variables for those seeking to lose fat, of course, all according to the current available literature. So, without further ado, let's dive into the meal plan with meal 1, breakfast.





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# **FAT LOSS - MEAL PLAN**

**BODYBUILDING MEAL PLAN  
TAILORED FOR SHREDDING FAT**



# BREAKFAST

## VEGETABLE OMELETTE & COFFEE



Calories  
296kcal



Protein  
26g



Carbs  
12g



FAT  
16g



### INGREDIENTS NEEDED:

- 70g bell peppers
- 2 whole eggs
- 2 egg whites
- 70g of onions
- 70g of tomatoes

### COOKING INSTRUCTIONS:

1. Whisk together the whole eggs and the egg whites in a microwavable jar
2. Chop the bell pepper, onion and tomatoes into finely diced chunks
3. Add the vegetable mix to the egg mix and stir
4. Microwave the mix on medium power, checking regularly to avoid them drying out (usually takes 2-3 minutes)
5. Once cooked, take the jar out of the microwave and serve

#### *Additional notes:*

If you need less calories and/or have the added income, feel free to just use egg whites instead of whole eggs and use calorie free condiments to add flavour such as Frank's red hot sauce, Walden farms or [Skinny sauces](#).

### PRICE:

- Peppers = €1.49 for 1 pack (520g) = €0.20 for 70g
- Eggs = €1.65 for 10 = €0.66 for 4
- Onion = €0.69 for 750g = €0.06 for 70g
- Tomatoes = €0.49 for 1 pack (520g) = €0.06 for 70g

} Total = € 0.98

# SNACK - FRUIT BOWL & PROTEIN SHAKE



Calories  
190kcal



Protein  
21g



Carbs  
22g



Fat  
2g



## INGREDIENTS NEEDED:

- 250g of melon
- 1 scoop of a whey protein powder of choice

## PREPARATION INSTRUCTIONS:

1. Slice the melon into chunks and place in a bowl
2. Put one scoop of whey in a bottle and fill with ~250-500ml of water, shake and drink

### *Additional notes:*

If you need less calories and/or have the added income, feel free to remove the melon and just have the protein shake and/or add calorie free sauces such as Walden farms or Skinny sauces to the fruit or flavdrops to the shake for further taste

## PRICE:

- Melon = €1.49 for 1 melon (1770g) = €0.21 for 250g
- Whey protein = €31.99 for 2.5kg = €0.30 for 1 scoop or 25g

} Total = € 0.51



# LUNCH - CHICKEN, POTATOES & VEGETABLES



Calories  
488kcal



Protein  
42g



Carbs  
71g



FAT  
4g



## INGREDIENTS NEEDED:

- 400g of white potatoes
- 170g of broccoli
- 130g of chicken (uncooked weight)

## PREPARATION INSTRUCTIONS:

1. Heat water in a steamer until boiling
2. Chop broccoli into florets
3. Add broccoli to pot and steam as preferred (shorter if you prefer crunchy, longer if soft)
4. Wash the potatoes and prick with a fork
5. Wrap in a damp paper towel and microwave until soft/cooked
6. Preheat a frying pan with some non-stick cooking spray
7. Cut the chicken into strips (if not already)
8. Fry chicken in pan, turning them over half way through until golden brown each side and white in the centre
9. Once cooked, serve chicken, potatoes and broccoli on a plate

### *Additional notes:*

If you don't have a steamer pot you can microwave the broccoli. Furthermore, if you need less calories and/or have the added income, feel free to reduce the amount of potatoes used and/or add in herbs, spices or calorie free condiments to add flavour such as Frank's red hot sauce, Walden farms or Skinny sauces.

## PRICE:

- Potatoes = €2.39 per pack (2000g) = €0.48 for 400g
- Broccoli = €0.89 for 500g = €0.30 for 170g
- Chicken = €2.49 for 350g = €0.92 for 130g



Total = € 1.70

# DINNER - BURRITO BOWL



Calories  
684kcal



Protein  
56g



Carbs  
70g



Fat  
20g



## INGREDIENTS NEEDED:

- 1.5 servings (185g) of microwavable rice
- 130g chicken breast (uncooked weight)
- 50g low fat cheese
- 100g broccoli
- 100g bell peppers
- 100g mushrooms
- 100g tomatoes
- 70g onion

## PREPARATION INSTRUCTIONS:

1. Heat water in a steamer until boiling
2. Chop broccoli into florets
3. Add broccoli to pot and steam as preferred (shorter if you prefer crunchy, longer if soft)
4. Chop bell peppers, tomatoes, mushrooms and onions into chunks/strips
5. While the broccoli boils, heat a pan with non-stick cooking spray
6. Add the chicken to the pan with the peppers
7. Once the meat mix is cooked, let it rest as the broccoli finishes
8. Microwave the rice as stated on packet
9. Heat a wok with non-stick cooking spray
10. Add all ingredients into the Wok and stir fry for 2-5 minutes
11. Once stir fried, pour into a bowl and serve by topping with low fat cheese

### Additional notes:

If you need less calories and/or have the added income then consider removing the cheese or opting for a fat free alternative and/or adding in herbs, spices or calorie free condiments to add flavour such as Frank's red hot sauce, Walden farms or Skinny sauces.

## PRICE:

- Peppers = €1.49 per pack (520g) = €0.28 for 100g
- Tomatoes = €0.49 per pack (520g) = €0.09 for 100g
- Mushrooms = €0.89c per pack (300g) = €0.30 for 100g
- Broccoli = €0.89 for 500g = €0.18 for 100g
- Onion = €0.69 for 750g = €0.06 for 70g
- Low fat cheese = €1.79 for 250g = €0.36 for 50g
- Chicken = €2.49 for 350g = €0.92 for 130g
- Rice = €0.59 per pack (250g) = €0.44 for 185g



Total = € 2.63



# PRE-BED SNACK - "JUNK BOWL"



Calories  
426kcal



Protein  
41g



Carbs  
52g



FAT  
Fat  
6g



## INGREDIENTS NEEDED:

- 35g coco pops (or any cereal of choice)
- 350g fat free Greek style yogurt
- 15g Nutella

## PREPARATION INSTRUCTIONS:

1. Weigh out all the ingredients in a bowl
2. Easy, enjoy!

### *Additional notes:*

If you need more less calories and/or have the added income then consider removing the Nutella or substituting it with a handful of berries and/or adding stevia, cinnamon, Walden farms, Skinny sauces or flavdrops for further taste.

## PRICE:

- Cereal = €0.92c for 500g = €0.06 for 35g
- Yogurt = €1.39 for 1 tub (350g)
- Nutella = €0.99 for 400g = €0.04 for 15g



Total = € 1.49



A close-up, low-angle shot of a muscular man's torso and face. He is pulling open a blue zip-up shirt with his right hand, revealing his well-defined abdominal muscles. The background is a solid dark blue. The lighting is dramatic, highlighting the contours of his muscles.

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# **MEAL PLAN - FAQS**

FREQUENTLY ASKED QUESTIONS  
ABOUT THE FAT LOSS MEAL PLAN



# MEAL PLAN FAQs

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The following FAQs are the same as the ones outlined in the [muscle building meal plan](#) as, not only are they still HIGHLY relevant, considering this is a free document and that I have already given out a lot of information, if you want more detailed answers to more detailed FAQs regarding fat loss and/or muscle gain diet and/or training, I highly advise investing once off in either “[Living Lean](#)” or the [HyperElite series](#), as together, they contain everything you will EVER need to know about both diet and training for maximum muscle gain and/or fat loss

## WHEN TO EAT EACH MEAL?

Although I have given a framework for you to follow i.e. breakfast, snack, lunch, dinner, pre bed snack, feel free to switch the meals around to your favour.

## WHAT IF I GAIN/LOSE TOO MUCH WEIGHT WHEN FOLLOWING THE MEAL PLAN?

Although details into how fast you should be gaining/losing weight are all outlined in my complete guide to “[Living Lean](#)” and the [HyperElite series](#), if you find that you lose too much weight when starting to follow this meal plan then this is a sign that you are in too large of a deficit and need to increase the calorie total of the meal plan. This can be done simply by increasing one (or more) of the serving sizes of a fat and/or carbohydrate rich food at a given meal. Conversely, if you find that you gain weight when starting to follow this meal plan then this is a sign that you are actually in a surplus and you require less calories in order to maintain your weight, yet alone decrease it. This therefore means that you would need to decrease the calorie total of the meal plan again by simply decreasing one (or more) of the serving sizes of a fat and/or carbohydrate rich food at a given meal. If you are looking for an accurate scales to track your bodyweight with over the course of your fat loss phase, check [THIS](#) scale out, it’s what I personally use and can be bought at a 60% discount using the code “fitfam” at checkout.

## WHAT IF I DO NOT HAVE ACCESS TO A PROTEIN POWDER?

That is fine, if you do not have access to a protein powder in order to have your snack, try out [THIS](#) recipe instead.

## HOW TO EAT ON REST DAYS?

Although details into how to adapt your nutrition on rest days is outlined in my complete guide to [“Living Lean”](#) and the [HyperElite series](#), I invite you to watch [THIS](#) video for more information on this topic.

## WHAT TO DO IF GETTING BORED OF THE MEAL PLAN?

This may become an issue, especially when following the above meal plan for a prolonged period of time and hence I am a firm advocate of flexible dieting and tracking macros. However, if you do find that you are getting bored of the meal plan then, as mentioned in the video, feel free to keep the “framework” the same but substitute the food choices. For example, potatoes can change to rice, pasta or sweet potatoes. Cantaloupe can change to any other low-calorie fruit of choice. Chicken can change to turkey or pork. Change the type of cereal you use or opt for a fat free flavoured yogurt. Nutella can change to peanut butter, a fun sized chocolate bar or a square of dark chocolate. Switch the vegetable sources used in the omelette, at lunch and/or in the burrito bowl. Use a bit of common sense and the meal plan can easily be manipulated to keep it “fun”.

Will this change the macronutrient profile of each meal and thus the meal plan as a whole? Yes, sometimes marginally, and sometimes considerably, depending on your substitution, however, for those who do not wish to track macros directly, as long as you keep your portion sizes consistent, it really is not going to be the “be all and end all” of your progress and will be a far better diet to follow than one which has no structure to it at all, as all you have to do if you find that you gain/lose too much weight is again, alter the PORTION SIZES, not necessarily the FOODS.

## WHICH MEALS SHOULD BE PRE AND POST WORKOUT?

Again, pre and post workout nutrient timing is all covered in extreme depth in my complete guide to [“Living Lean”](#), however the free excerpt found [HERE](#) does actually give you an insight into pre and post workout nutrition, which you may find useful to implement when following the above meal plan.



## HOW MUCH WATER SHOULD YOU DRINK?

Again, optimum hydration strategies are all covered in extreme depth in my complete guide to “[Living Lean](#)”, however, simply put, be sure to get a minimum of 2L per day with anything more a bonus which may help to keep you full.

## BEST SUPPLEMENTS TO TAKE IF YOU HAVE THE ADDED INCOME?

Again, muscle gain and fat loss supplementation strategies, optimum dosages and timings are all covered in extreme depth in my complete [Supplement guide](#), however, much like the muscle building meal plan, caffeine and creatine are two of several other supplements that are available if you have the extra income when following the above meal plan.

For more on creatine, check out [THIS](#) video.

## WILL EATING LATE AT NIGHT NOT CAUSE FAT GAIN?

No, this is an old school myth and in fact, eating a moderate carbohydrate and protein rich meal in the hours before bed can be highly beneficial for fat loss, as I explain in [THIS](#) video.

## SLEEP

Sleep is one of, if not the most underrated components to maximising fat loss (and muscle gain), with a lack of it making dieting significantly more difficult, as outlined in [THIS](#) video. Therefore, if you are truly seeking to maximise your gains when following this meal plan alongside a well-structured, progressive resistance training program, I highly advise you sleep a minimum of 6 hours, preferably 8-10. For more information on increasing sleep quality, check out [THIS](#) video.

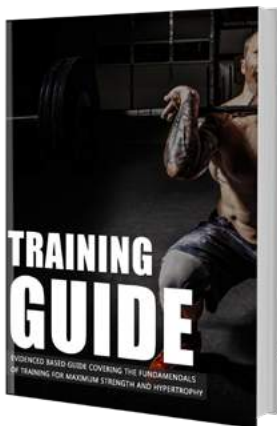
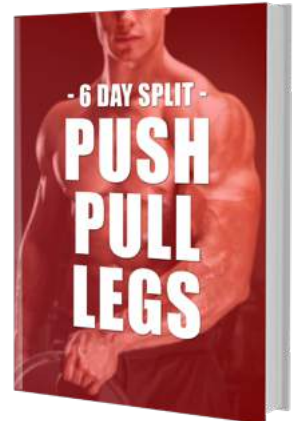
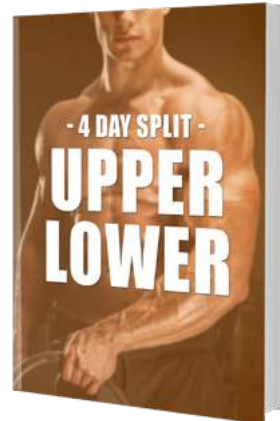
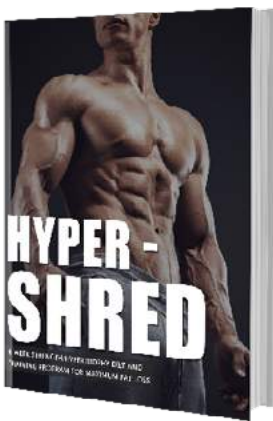
## WHAT PROGRAM TO FOLLOW WHEN FOLLOWING THIS MEAL PLAN?

On the topic of training programs, if you are struggling to decide which training program to follow alongside the above meal plan, then I highly recommend [HyperShred](#) from my [HyperElite series](#). For those currently unaware, both [HyperShred](#) and [HyperBulk](#) are not just “programs”, they are also your complete “BIBLE” for training as along with 3x8 week science-based training splits to choose from:



- 3 day full body (24 workouts)
- 4 day upper/lower (32 workouts)
- 6 day push/pull/legs (48 workouts)

You also receive a comprehensive program guide containing extensive answers to FAQs, instructional videos, tips/cues for each exercise, detailed progression scheme & MORE



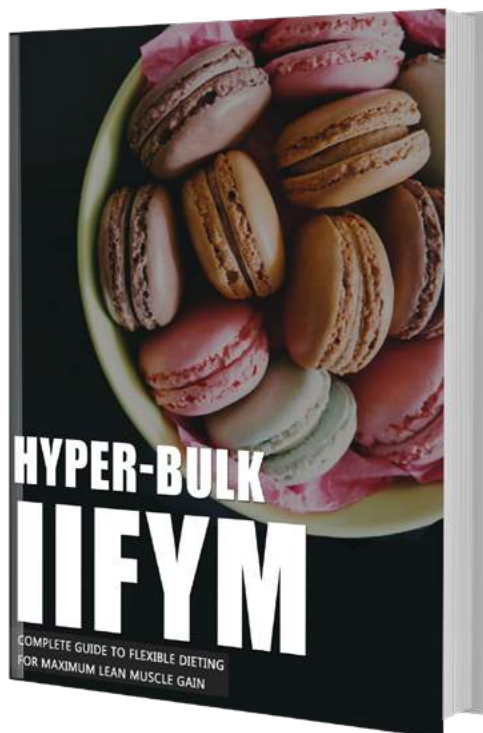
Furthermore, both [HyperShred](#) and [HyperBulk](#) also contain a unique “package” of 200+ pages of **SCIENCE BASED** training content covering literally EVERYTHING & equipping you with an extensive knowledge of exercise science, program design, anatomy and MUCH more consisting of **341 SCIENTIFIC REFERENCES!**

What also makes both programs unique is that BOTH programs are also AVAILABLE IN APP FORMAT for you to track all your lifts & monitor progression/volume/intensity/strength etc!

BUT WAIT, THERE'S MORE







As along with the programs, you also get a fully comprehensive DIET “package” catering for 2 dieting approaches to follow for fat loss and/or muscle gain.

**Flexible diet approach:** A detailed guide to tracking calories & macros, calculating your specific needs & designing the most effective diet according to the scientific literature for maximising fat loss & lean muscle gain.

**Meal plan approach:** 3 MORE unique meal plans to follow for males, females & vegans along with again, another detailed guide of how to adapt the meal plan according to your specific needs for maximising fat loss & lean muscle gain.

Suitable for ANY experience level & BOTH men AND women!

Don't believe me? Click [HERE](#) to have a look at the website and to download the table of contents to have a look inside or just watch my latest story/YouTube vid found [HERE](#)





# FINAL WORDS

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Unfortunately, that is all the content I have for you for FREE however, hopefully this gives you a little insight as to how much value I like to provide with and can assure you that you get 50x more than ANY of the products currently offered online at [www.scottmurrayfitness.com](http://www.scottmurrayfitness.com)

Nonetheless, again, I really do mean it when I say that I hope this meal plan helps you in structuring your diet and building muscle and would just like to thank you one more time for supporting me. I genuinely appreciate it so much, therefore, if you have any other questions about the meal plan then please feel free to contact me either by email or on any of my social media platforms and I will do my best to help when/if I can.

Scott



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### **Disclaimer**

Before starting this meal plan or following any of the above dietary information, I am assuming that you are fully healthy both physically and mentally without any pre-existing medical conditions. If you do have any pre-existing medical issues or injuries and/or require some sort of special specific diet and/or training programs then I highly suggest that you seek your doctor's advice as to whether this meal plan is suitable for you.





I (Scott Murray) advise that before starting this meal plan, you firstly consult your doctor about doing so and obtain the necessary tests/physical examinations by a licensed physician with full permission to proceed.

**By starting this meal plan, you are:** Accepting that by doing so, you may alter your health and body composition as a result of participation in a diet plan, and thus I hereby release myself (Scott Murray) from any liability now and in the future for any injury, including, but not limited to heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat exhaustion, knee/shoulder/back/foot injuries and any other illness, soreness or injury however caused, which may occur during or after your participation in this meal plan.

**By starting this meal plan, you are:** Accepting that in regards to your participation in the diet plan which I, Scott Murray am offering, you for yourself, your personal representatives, administrators, heirs and assigns, hereby holds harmless, me (Scott Murray) from any claims arising from your participation in this diet plan.

**By starting this meal plan, you are:** Confirming that you have read, have been honest with me (Scott Murray) and fully understand (and agree with) the above information.

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